



Look Back on Your Day Each Evening

27 August 2026 | Discipline | 3 minutes

THOUGHT FOR THE DAY

At the end of the day, take a moment to look back: What went well, and what would you like to do better tomorrow?

Pythagorean tradition

What does it mean?

The Golden Verses recommend three simple questions before going to sleep: What did I do? What did I leave undone? What could I have done better? The text belongs to the Pythagorean tradition and cannot be shown to have been written by Pythagoras himself.

The aim is not to judge yourself harshly. It is to learn from the day. When you notice a good decision and turn a mistake into one small next step, you can improve a little each day.

Put it into practice

- 01 Write down one decision from today that you are pleased with.
- 02 Write down one thing that you would like to do better tomorrow.
- 03 Choose one small step that you can realistically take tomorrow.

YOUR TASK FOR TODAY

Write one sentence about each point: a good decision, something to improve, and your first step for tomorrow.

YOUR QUESTION

Which small change would make tomorrow better?